

Tennessee Back Pain Center

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Triplanar Calf Stretch – Exercise Instructions

- This exercise is performed standing close to a wall
- Prop one foot up against the wall so your toes are on the wall and your heel is on the ground
 - This might be more comfortable if you have shoes on.
- The other leg is behind you, with the whole foot on the ground
- Place your fingertips on the wall.
- Leading your hips, lean forward almost as if you are going to touch your nose to the wall.
 - Make sure you lead with the hips here. The whole body should be moving, not just your upper body.
- Hold for 1 second then return to the starting position.
- Leading with your hips again, lean forward towards your right hand.
 - Again, make sure you lead with the hips here. The whole body should be moving, not just your upper body.
- Hold for 1 second then return to the starting position.
- Leading with your hips again, lean forward towards your left hand.
 - Again, make sure you lead with the hips here. The whole body should be moving, not just your upper body.
- Hold for 1 second then return to the starting position.
- Repeat 10x in each direction
- Switch feet and repeat the whole exercise again.
 - If your doctor just wants you to do this on the affected side, that foot is the one against the wall.
- Perform this exercise 2x per day OR as prescribed by your doctor.
- Note:
 - This exercise is more of a stretch than a strengthening exercise
 - If the stretch is too intense, back off on how far forward you lean. You should feel a good stretch, but not the point of pain.
 - If you are experiencing pain or discomfort elsewhere during this exercise, please stop and consult your doctor.
 - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.



Triplanar Calf Stretch

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Hands on wall,
spread out

Lean with
hips
and chest

Lean Forward.
Towards one hand,
then towards the other

One foot propped
against wall

Back foot
flat on floor

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